



Food Safety Update



BACK TO SCHOOL SPECIAL EDITION

Potluck Function? Don't Let the Bugs Bring Down the Party!

It only takes 20 minutes for bacteria to double in numbers.

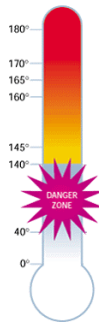
Foods like meats, cheeses, egg and mayo dishes are particularly dangerous if left out for long periods of time.

Almost any food can become contaminated if the preparer doesn't know about food safety, proper food handling and basic hygiene.

For this reason, events such as potlucks and buffets should be carefully planned.

Ways to slow the growth of bacteria at the table:

- Keep foods out of the temperature danger zone, which is 40-140°F. Moist, high protein foods should not be kept in this zone for more than 2 hours.



If you have field trips planned this season, keep your co-workers and students safe from food-borne illness by following some simple tips to keep food safe.

► Before the event

- Cook food ahead of time so it has time to chill in the fridge.
- Fill an ice chest to the top with food AND ice since a full cooler keeps food cold longer. (Frozen gel packs or frozen juice help keep the temp down

too).

- Take food directly from the fridge to the ice chest.
- Pack foods into the ice chest in the order in which it will be served.
- Have at least two ice chests: one for the cold drinks and the other for food since the chest with drinks will be opened more often.
- Consider having two ice chests for food:



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Potluck Function, Continued

- Hold hot, cooked foods to 140° F. and hold cold foods at 40°F or lower.
- Stir food often.



- Reheat all foods thoroughly to an internal temperature of 165° F.
- Cover food to help maintain the proper temperature and to prevent contamination♥

EAT IN GOOD HEALTH!

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one for perishable items (foods with a high potential for spoilage) like meats, cheeses and salads made with eggs (in case of leakage).

- Transport the ice chests in an air conditioned vehicle rather than in the hot trunk. Upon arrival, set the chest in the shade.

► During the event

- Take antibacterial towelettes to wash up after handling raw meat, fish or poultry.
- Keep all utensils, sauces and containers used for raw meat, fish or poultry separate from those used

for cooked meat to avoid contamination of the cooked food.

► After the event

- Throw the food away that had set out for >2 hours at room temp.

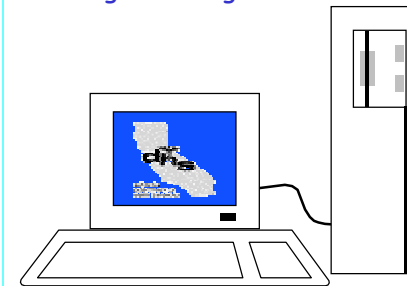
- Inspect all leftovers for odor or damage.

- **REMEMBER:** your student's health is worth the loss of food if there is risk of food poisoning!

- Have fun and **ENJOY!**♥

For more info on food safety, check us out at:
www.dhs.ca.gov/fdb
CA Dept of Health Svcs.
Food and Drug Branch
601 N. 7th Street, MS 357
P.O. Box 942732
Sacramento, CA
94234-7320
(916)445-2263

You can also click your way to more info on food safety with these great websites:
www.fda.gov
www.usda.gov
www.fightbac.org



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